



**November  
2018**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## LYNN COUNCIL ON AGING SENIOR CENTER

### From the Director's Desk

Here we go! It's that thankful time of year where we remind ourselves about our own gratefulness.

I'm grateful for sale prices on whole turkeys... and freezer space! I'm also thankful that I am still able to scale the front stairs before the wild neighborhood turkeys get me! Joanie is grateful that she sleeps with her own teeth! (And can handle caramel chews!) Erica is grateful that she survived a zip line, 1200 feet over the Arkansas River. Rosa is grateful for extending the life of her 14 year old Toyota and that her husband is NOT a Yankee's fan! We are most grateful for the FRIENDS of the Lynn Council on Aging for all our special events! Come see us on Thursday, November 15th for homemade turkey dinner (\$5) and buy a chance (\$1) to win gift cards ranging from \$5 to \$25! The "pull-a-pop" event starts at 12 noon. Grab a different ticket for the 50/50! Good luck!

~Stacey Minchello

### From Your Mayor

November is here already. It seems like just yesterday that I became the Mayor of this great city. This is a beautiful time of the year in New England and I hope that everyone is enjoying the beautiful foliage and the cooler weather as we move into the winter season.

There are a quite a number of shows taking place at the City Hall Auditorium. I invite you to attend the upcoming events including: Turn it Up! The New Sound of New Orleans The Soul Rebels, Christian Scott and Tonya Boyd-Cannon on November 7<sup>th</sup>; The Doobie Brothers on November 10<sup>th</sup>; Toto on November 17<sup>th</sup>; The Simon and Garfunkel Story on November 18<sup>th</sup> and Paula Abdul: Straight Up Paula on November 25<sup>th</sup>. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

As we approach snow season, we encourage residents to sign up to our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc.). These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

This month we celebrate Veteran's Day in honor of all the courageous men and women willing to serve and sacrifice for their country. I hope you take some time to reflect on the contributions these veterans have made to this country.

This month we also celebrate Thanksgiving. I hope you enjoy this time with friends and family in appreciation of all the wonderful blessings in your lives.

~Mayor Thomas M. McGee

**CUFFE-McGINN FUNERAL HOME**  
 Dignity  
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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503

Erica Brown  
Program Coordinator ext. 618

Rosa Paulino-Diaz  
Activities Assistant ext. 625

Hours of  
Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Pam Edwards**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**Ellen Cash** Recording Secretary  
**George Harvey** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Nov 29 Dec 27 Jan 31 Feb 21  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
 Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

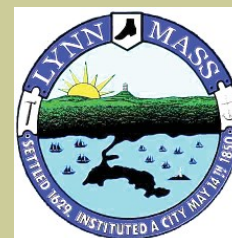
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karoumpalis

In appreciation of the Lynn Council on Aging  
~Richard Harrington



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
☐

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Donated by: \_\_\_\_\_

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TODAY**

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Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR**  
90FT  
APARTMENTS

## CASINO TRIPS

**Foxwoods \$32 November 20th**

**\*\*Date change—please take notice\*\***

Need 40 sign ups by Nov 2nd

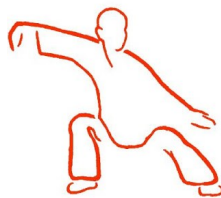
Bus leaves Center 6:30am Returns to Center 6:30pm



**Coach buses are equipped with handicap accessibility  
and WI-FI!**

**\*\*Refunds will only be issued if you notify us 24 hours in  
advance, or if we sell your seat.\*\***

## MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday

10:00am-11:00am

Instructor: Mike Elliot

No reservation needed

\$5 per session

Improves balance, energy, and mobility

Elevates heart rate, improves posture, and builds muscle tone

Decreases stress and pain

## MEDICARE OPEN ENROLLMENT

Do not ignore your Medicare mail!

If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (**October 15—December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. You may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule an appointment, call the senior center at 781-586-8618 or 1-800-AGE-INFO (1-800 243-4636)...* then press or say **3**. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

**Call early** to receive a pre-enrollment form and  
**make that appointment...**

Bring your Medicare and insurance cards and a complete list of medications.

**DO NOT WAIT UNTIL IT IS TOO LATE!**



## DANCE WITH JOY

A playful dance and yoga experience

Starting Thursday November 1st

9:00am—9:40am

Weekly event every Thursday

**FREE!**

Join Nancy Deluth for Dance with Joy!

Explore, express, and expand as you dance to world music in this creative movement experience.

Create some joy with us!

## STRATEGIES FOR LIFE COPING SUPPORT GROUP

Every 2nd and 4th Wednesday

3:00pm—4:00pm

Learn about South Bay Counseling Services

Medicare and MassHealth accepted!

No commitment—Drop in to see if it's for you!

## UKULELE CLUB

Every Tuesday 2:30-3:30pm

Activities room **FREE!**

Beginners and experienced player welcome

Instruments included at Senior Center

Instructor Matthew McConeghy

Questions call Erica 781-586-8618



## MOVIES...every Wednesday @ 1:00 p.m.

**Free Popcorn & Soda**

**Wide Screen Plasma Home Theatre System**

<b>Nov 7</b>	Gladiator	2000	R	155 min
<b>Nov 14</b>	A Beautiful Mind	2001	PG13	134 min
<b>Nov 21</b>	An Old Fashioned Thanksgiving	2008	NR	90 min
<b>Nov 28</b>	The LEGO Batman Movie	2017	PG	129 min



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.





**Best Home Care**  
WE MAKE IT HAPPEN

*Call for a free Consultation Or Visit us online*

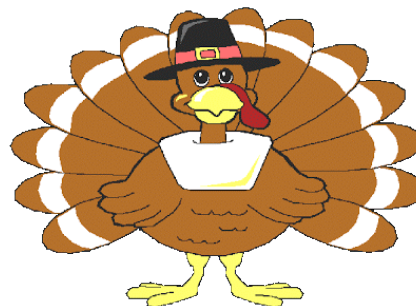
**Home Health Services**  
45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)



Place Your Ad

## NOVEMBER HAPPENINGS

- Thu Nov 1** Dance with Joy— First session! FREE 9:00am—9:40am
- Tue Nov 6** Birthday Karaoke 11:30am—1:00pm
- Wed Nov 7** Lunch Trip: Lynn Tech \$2 11:15am—1:30pm  
Full lunch \$10
- Thu Nov 8** **Veteran's Omelet Breakfast** 8:00am—9:00am  
FREE for Vets—\$3 for seniors—\$5 all others
- Thu Nov 8** Ice Cream Social \$0.50 1:00pm  
Sponsored by: FRIENDS of the LCOA
- Mon Nov 12** **SENIOR CENTER CLOSED-HAPPY VETERAN'S DAY!**
- Tue Nov 13** FRIENDS of the LCOA Annual Holiday Party 9:00am  
TICKETS ON SALE \$5
- Thu Nov 15** Homemade Turkey Dinner 11:00am—12:00pm  
FRIENDS Fundraiser \$5
- Thu Nov 15** Pull-A-Pop 12:00pm—1:00pm  
\$1 for 1 chance or 6 chances for \$5
- Fri Nov 16** Brown Bag 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Fri Nov 16** Flu Clinic  
Sponsored by: Walgreens Pharmacy—bring insurance card
- Mon Nov 19** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Nov 20** **Foxwoods Casino** \$32 6:30am—6:30pm  
Prepaid reservation required—see page 4 for more details
- Thu Nov 22** **SENIOR CENTER CLOSED—HAPPY THANKSGIVING**
- Tue Nov 27** Lunch Trip: Cracker Barrel \$3 10:00am—2:00pm
- Fri Nov 30** Holiday wrapping by Donna Toner  
Bring in gifts to be wrapped—first two gifts wrapped for free!



**Hatch Hearing Aid Center**

*"You Should Hear  
What You're Missing"*

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TODAY**

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Now Accepting Applications  
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**HARBOR**  
**90FT**  
ADAPTIVE UNITS

## UPCOMING FRIENDS SPONSORED EVENTS!

### VETERAN'S OMELET BREAKFAST

Thursday, November 8th

8:00am—9:00am

Buy ticket at the door

Omelet cooked to order

FREE to veterans, \$3 to senior center members, \$5 to all others  
ALL ARE WELCOME AND ALL PROCEEDS BENEFIT THE FRIENDS  
OF THE LYNN COUNCIL ON AGING!



**YOUR  
AD  
HERE**

**CALL  
TODAY**

### HOMEMADE THANKSGIVING DINNER

Fundraiser

Thursday, November 15th

11:00am-12:00am

\$5 per plate



### PULL-A-POP

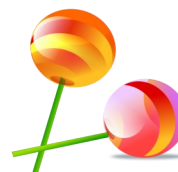
Annual Fundraiser—12:00

Dozens of gift card prizes

Tickets for sale the day of

\$1 for 1 chance, or \$5 for 6 chances

50/50 drawing at 1:00—separate ticket



### ANNUAL HOLIDAY PARTY

Tuesday, December 11th

11:00am—2:00pm

\$5 Tickets purchased in advance

starting Tuesday November 13th!

Ticket price includes a full meal, entertainment, and the

chance to meet Santa!

Entertainer:

Stephen Savio

Making his Lynn Senior Center debut!



Senior Center will close at 2:00

Please schedule rides accordingly

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Errands/Shopping  
Respite Care for Families  
Rewarding Companionship

Remain  
Comfortable  
in your  
OWN HOME!

## Wellness Watch November 2018

GREATER LYNN H.O.P.E. INVITES YOU TO ATTEND

### EVENT SPONSORED BY

GREATER LYNN  
H · O · P · E

Hoarding Outreach  
Partnership Effort

### WHO SHOULD ATTEND?

This public event is designed to help anyone who has ever wanted to understand more about why people collect too much stuff and what the best ways to help people struggling with hoarding behaviors are.

### R.S.V.P.

by Tuesday,  
November 6 to:

Mona Nadeau  
781-586-8654  
mnadeau@glss.net  
or online at  
[www.glss.net](http://www.glss.net)

Application for social work continuing education credits has been submitted. Please contact Michele Martindale at 781-586-8621 for the status of social work CE accreditation.



**Saturday, November 10, 2018**

**10:00 a.m. – 12:00 noon**

**Saugus Public Library  
Community Room**

295 Central Street, Saugus, Mass.

### Is clutter:

Taking over your home or workspace?  
Creating safety problems in your home  
or the home of a family member?  
Making you ashamed of your environment?  
Affecting your life and relationship  
with friends and family?

**Come to our workshop featuring  
Lee Shuer and Bec Belofsky Shuer**  
with lived experience with clutter taking over  
their lives. Hear how they have worked  
together to create a home of peace.



## SENIOR CENTER ACTIVITIES • November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:15-10:45 POKENO	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	11:00-12:00 LUNCH	
1:00-2:45 BINGO	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	2:30-3:30 UKULELE CLUB	3:00-4:00 STRATEGIES FOR LIFE COPING SUPPORT GROUP (2nd & 4th WED)	1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

**SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE**



of the North Shore

111 Birch St., Lynn, MA 01902

781.592.9667

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K	E	A	L	Y	N	N	T	E	C	H	R	H	H
K	P	R	Y	P	C	I	E	C	H	A	I	H	A
O	O	R	R	R	G	P	V	N	L	Y	E	S	N
C	P	Y	E	A	R	P	Y	A	R	E	N	A	K
I	A	F	E	H	B	E	A	D	S	K	D	U	S
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I	L	G	K	M	K	A	E	N	P	U	G	S	I
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C	P	E	F	B	L	L	M	B	C	R	E	R	I
U	A	V	A	L	B	R	Y	E	Y	A	C	R	N
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F	C	B	H	N	R	I	E	K	Y	D	U	C	B
A	E	R	R	N	F	E	L	G	C	F	B	A	A

CRACKER BARREL

CRANBERRY

DANCE

FAMILY

FLU CLINIC

FRIENDS

GATHER

GOBBLE

GRAVY

LYNN TECH

PULL A POP

SQUASH

THANKSGIVING

TURKEY

# November 2018 Lunch Menu

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFÉ MENU – NOVEMBER 2018

GLSS NUTRITION  
781-586-8687

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	HAPPY THANKSGIVING!	1 Pork rib/honey BBQ sauce-435 Soup/crackers(159) Calories-736 Sodium-802 Jerk chicken(275),soup Calories-800 Sodium-741	2 Shepherd's pie(201) Mashed potato(109) Calories-647 Sodium-777 Chicken/tomato sauce250 Calories-600 Sodium-935
5 Turkey divan(220) Rotini(21) Calories-772 Sodium-739 Veggie stuffed pepper(100) Broccoli(32) Calories-650 Sodium-600	6 Lasagna/sauce(405) Salad/dressing(123) Calories-600 Sodium-960 Oven fried chicken(300) Plantains(16) Salad/dressing Calories-700 Sodium-738	7 Baked ham/sauce(390) Soup/crackers(124),peas(68) Calories-692 Sodium-988 Beef/onions(150) Peas(68) Soup/crackers Calories-600 Sodium-575	8 Beef/broccoli(377) Fried rice(116) Calories-976 Sodium-762 Honey soy chicken(350) Mixed veg/mushrooms(15) Calories-638 Sodium-775	9 Chicken pot pie(570)* Parsiled potato(5) Calories-848 Sodium-987 Garlic fish(150) Yucca(17) Calories-615 Sodium-695
12 HOLIDAY NO MEAL SERVICE	13 Boneless cranberry chicken (324) Roasted sweet potato(104) Calories-681 Sodium-945 Pasta primavera(200) Calories-736 Sodium-804	14 Meatloaf/gravy(370) Soup/crackers(276) Calories-796 Sodium-1084 Cheese pizza(340),soup Calories-784 Sodium-969	15 Thanksgiving special Roasted turkey/gravy Mashed potato Stuffing Butternut squash Apple pie Dinner roll Calories-800 Sodium-1100	16 Potato Pollock(355) Macaroni/cheese(260) Calories-915 Sodium-1023 Bean/cheese burrito(350) Calories-650 Sodium-700
19 Sweet/sour meatballs(415) Fried rice(116) Calories-758 Sodium-1013 Fish/tomato & onions(150) Calories- 790 Sodium- 665	20 Yankee pot roast/gravy(168) Golden mashed potatoes (109) Calories-643 Sodium-1074 Veggie Shepherd's pie(200) Calories-650 Sodium-683	21 Pork hot dog/roll(886)* Baked beans(140) Calories-741 Sodium-1325** Cheese quesadilla(383) Calories-700 Sodium-720	22 THANKSGIVING DAY NO MEAL SERVICE	23 American chop suey(316) Salad/dressing(62) Calories-665 Sodium-743 Eggplant parn(512)* Calories-750 Sodium-900
26 Braised pork(161) Sweet potato(104) Calories-762 Sodium-954 Egg/cheese croissant(410) Mixed veg.(24),sweet potato Calories- 676 Sodium-900	27 Baked haddock(150) Soup/crackers(204),potato(5) Calories-600 Sodium-720 Veggie burger/roll(570)* Potato(5)Soup/crackers(204) Calories-686 Sodium-998	28 Oven fried chicken(300) Macaroni and cheese(260) Calories-885 Sodium-933 Veggie chili(448) Brown rice(5) Calories-600 Sodium-740	29 Salisbury steak/gravy(459) Mashed potato(109) Calories- 658 Sodium-856 Chicharron(pork)-(310) Rice/beans(83) Calories-700 Sodium-710	30 Stuffed pepper(290) Soup/crackers(271) Calories-823 Sodium-1077 Garlic chicken(150) Potato(142) Soup Calories- 650 Sodium-888

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

# Hair Salon

## **SOPHIE'S SALON**

**WEDNESDAYS**

**9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

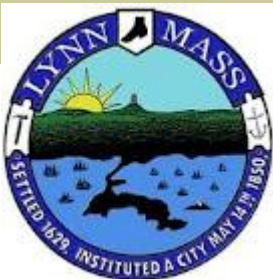
*WALK-IN OR APPOINTMENTS*

APPOINTMENTS PREFERRED

## **KIOSK FOR LIVING WELL**

TUESDAYS 9:00-11:00  
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thu Nov 8, Tues Nov 20, Tues Nov 27**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD SUGAR & BLOOD PRESSURE

**Every Wednesday**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

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U.S. POSTAGE

**PAID**

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